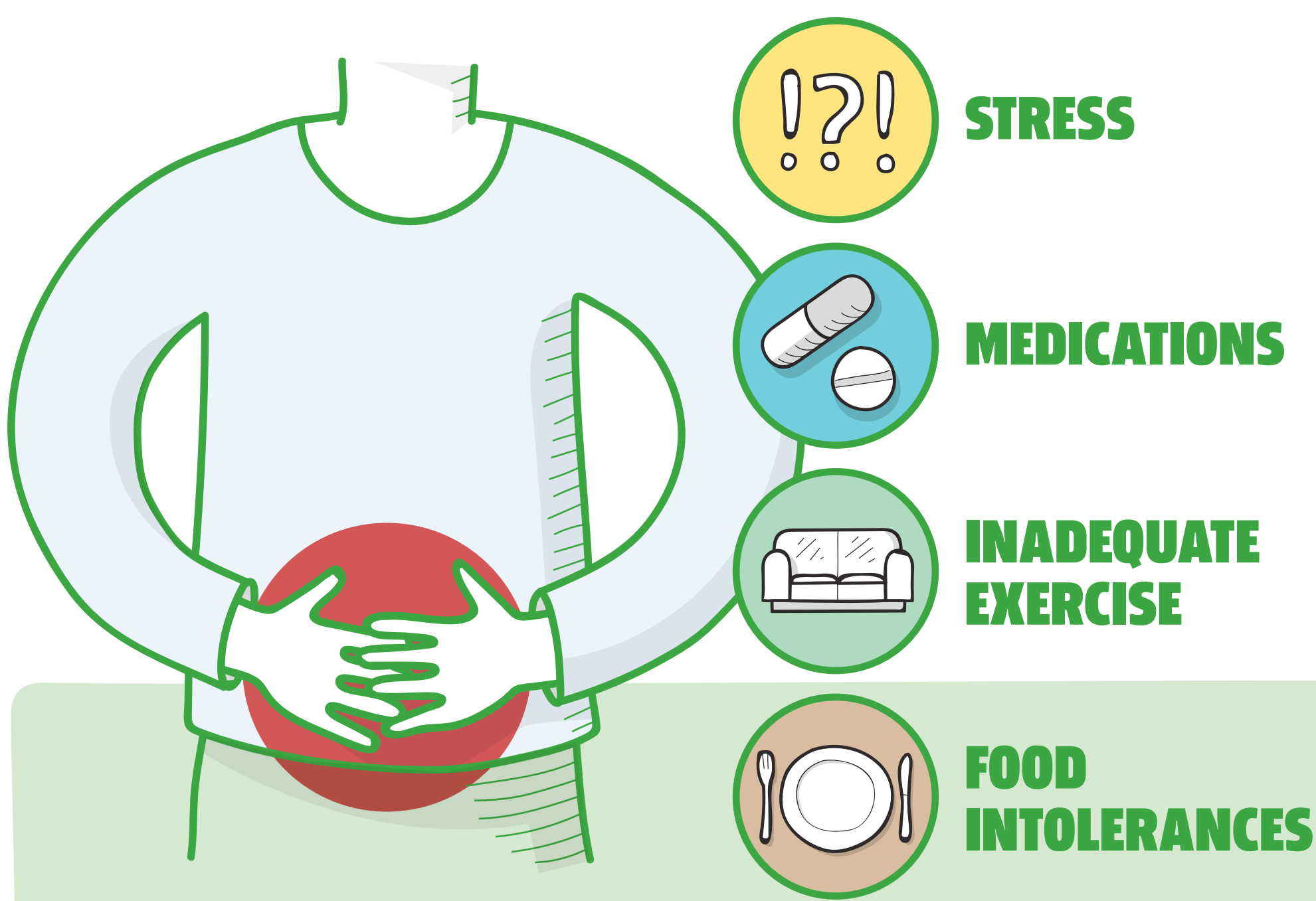


RETHINK REMOVING DAIRY

Digestive problems such as abdominal pain, bloating and diarrhoea can be caused by a number of factors



For symptom relief, patients often unnecessarily cut out or limit **DAIRY FOODS** from their diet

DAIRY FOODS are an important source of:

CALCIUM
POTASSIUM
PHOSPHOROUS
MAGNESIUM



PROTEIN
VITAMIN A
RIBOFLAVIN
VITAMIN B12
ZINC

Milk, yoghurt and cheese can reduce your patient's risk of:

HEART DISEASE

STROKE

SOME CANCERS

HIGH BLOOD PRESSURE

TYPE 2 DIABETES

HELP PATIENTS RECLAIM THE DAIRY THEY LOVE

If your patient has cut out dairy foods completely, they can try a **21-DAY MILK-DRINKING INTERVENTION** to build up tolerance to dairy foods



WEEK 1

1/2 CUP of milk
twice a day
with meals



WEEK 2

2/3 CUP of milk
twice a day
with meals



WEEK 3

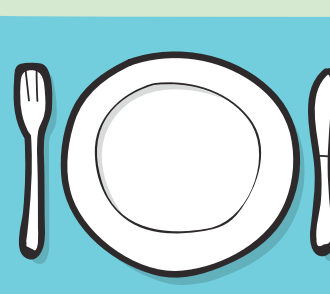
1 CUP of milk
twice a day
with meals

HELP PATIENTS GET BALANCE BACK IN THEIR LIFE

If your patient is limiting dairy foods from their diet, they can find ways to **'DO DAIRY DIFFERENTLY'**



Spread dairy intake
over the day



Have dairy foods
with meals



Have smaller amounts
of dairy at a time

LACTOSE INTOLERANT? PATIENTS CAN STILL ENJOY DAIRY FOODS

Australian Dietary Guidelines recommend:



Up to 250ml of milk in
small amounts may
be well tolerated



Most hard cheeses are
virtually lactose-free



Yoghurt contains 'good'
bacteria that helps to
digest lactose



Lactose-free milks
contain similar nutrients
to regular milk

To find out more go to foodsthatdogood.com.au